



# Goodfellow Monitor

To deliver combat-ready Intelligence, Firefighter and SPINSTRA warriors to the Combatant Commander.  
Training is our focus, war is our mission.



Vol. 48, No. 30

Goodfellow Air Force Base, San Angelo, Texas

August 4, 2006

## QUICK BRIEFS

**CPO CLOSURE:** The base Civilian Personnel Office is scheduled to be closed today from 7:30-11:30 a.m.

CPO staff will be conducting mandatory training.

In the event of an emergency, call 654-3277.

**RETRAINING OPPORTUNITY:** Is your Air Force Specialty Code one that has been identified as overage and has a mandatory retraining out? If so, the Manpower career field (AFSC 3S3X1) has openings.

If you are in the grade of senior airman through master sergeant, have a minimum 5-skill level AFSC, a general Airman Qualifying Examination score of 64 or higher and high school algebra you may qualify for this challenging career field.

Tours in this field range from 3 to 4 years for each assignment, with only 2 remote areas, and minimal deployments.

If interested please contact the 17th Mission Support Squadron Manpower and Organization Flight Chief, Mr. Patrick Saladin, 654-3785 to schedule an interview.

**STAFF SERGEANTS PROMOTIONS LIST:** The U.S. Air Force is scheduled to release the 2007 promotion list for staff sergeants Wednesday at 9 a.m.

**TAX FREE WEEKEND:** Texas is having a state-wide tax-free holiday August 4-6.

See ad on Page 11 for more details.

**FREE TICKETS FOR AIR FORCE BAND:** Free tickets are available to see the USAF Band of the West perform August 11.

See ad on Page 13 for more details.

## 17 MDOS member named 2nd AF NCO of the Quarter

By AIRMAN 1ST CLASS LUIS LOZA GUTIERREZ

EDITOR

Staff Sgt. Jason Cuevas, a member of the 17th Medical Operations Squadron, was recognized by 2nd Air Force as the NCO of the Quarter for January through March.

"I was very excited to find out about the award. I've never received an award at that level before," said Sgt. Cuevas.

"We were all very proud of Sgt. Cuevas' achievement. He's part of the dental team and it validates what an outstanding group of people we have in the clinic. Personally, I'm very proud of his accomplishments, but I can't take any credit for his superior performance. I see my role as a motivator and a mentor; the drive and the discipline required to win an award at this level is solely a result of his personal efforts," said Master Sgt. Walt Baranowski, 17th Medical Group dental clinic flight chief.

The congratulations didn't stop at Sgt. Cuevas' work place.

"My wife was very excited because she understands the job I have. She has supported me through a lot this past year and she loves to see my hard work receive recognition. My parents and younger brother were very proud of me because we're an Air Force family. My father is a retired master sergeant and my brother is currently a cadet at the Air Force Academy," said Sgt. Cuevas.

Sgt. Cuevas also mentioned that some of his friends from other bases and assignments also congratulated him.

The 2nd Air Force NCO of the Quarter award recognizes the outstanding achievements and accomplishments of an NCO's job performance, including contributions to mission effectiveness, leadership and mentorship in the workplace, professional and career development and improvement. To a lesser degree, nominations also emphasize contributions, participation and activities outside of job duties.

Sgt. Cuevas has received other awards and recognitions, including Airman of the Quarter for April to July 2000, 18th Dental Squadron, Kadena Air Base, Japan and NCO of the Quarter for July to September 2005, 17th Medical Operations Squadron.

Master Sgt. Walt Baranowski was one of the persons who nominated Sgt. Cuevas for his recent award. He had the following words to share about his NCO's recent recognition.



Photo by 17th Communication Squadron Multi Media Services Center

tion.

"Staff Sgt. Cuevas is the NCO in charge of Dental Records and Reception. In that role he acts as the 'face of the dental clinic' to hundreds of patients every month. As a result, he and his team sustained outstanding customer service ratings in the over 160 post treatment surveys sent to our patients every quarter. His duties also require flexibility and quick thinking to manage the clinic's 10 appointment books. His efficiency in that role has put the clinic on track to deliver \$2 million in care this fiscal year, a mile-

SEE CUEVAS ON PAGE 5

## 2007 Force Shaping Message Released

By MASTER SGT. MITCH GETTEL

AIR FORCE PRINT NEWS

WASHINGTON -- Air Force officials recently announced new force-shaping initiatives to be used to meet the required 2007 fiscal year end strength numbers.

The new initiatives are designed to bring the Officer numbers down as the enlisted end-strength numbers are on target for 2007. Officials said more than 8,000 officers must separate either through normal attrition, retirement or force shaping measures to achieve the required balance in force.

"It's important to keep in mind what force shaping is all about; the present and future state of the Air Force," Lt. Gen. Roger A. Brady, Deputy Chief of Staff, Manpower and Personnel. "We have to balance our (force) for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next."

The Air Force will look for volunteers but will also initiate involuntary shaping programs to achieve a balanced force. The force-shaping program maximizes the Air Force's voluntary separation authority and also allows implementation for involuntary shaping programs as required.

The Air Force starts the 2007 force-shaping program with three tools to lower the number of active duty officers. These three initiatives are Voluntary Separation Pay (VSP), Selective Early Retirement Board (SERB), and a fiscal 2007 Force

Shaping Board (FSB). Under U.S. Code Title 10, the Secretary of the Air Force has authority to use these force-shaping tools.

The VSP incentive will be offered to Line of the Air Force officers (including Judge Advocates), and Chaplains with more than six and no more than exactly 12 years of service to encourage their separation, Gen. Brady said.

The Air Force needs approximately 3,200 officers meeting these criteria to separate. Eligible officers may begin applying for VSP on July 31, 2006. Dates of separation must take effect between Oct. 1 2006 and Sep. 29, 2007. Applications for VSP will not be accepted after Jan. 31, 2007.

Officers who are approved for VSP will enter into a written agreement to serve in the Individual Ready Reserve for a period of three years following the separation. Officers that have an existing military service obligation at the time of their separation will fulfill it in the IRR along with the additional three-year commitment. Officers meeting the above time-in-service criteria may contact their MPF for more details on VSP.

"We are offering the qualified VSP officers twice the compensation of what they would receive for an involuntary separation," Gen. Brady said.

The Air Force seeks to retire 313 line officer lieutenant colonels that have been twice deferred for promotion or colonels with four years time in grade that are not general selects. Officers that have a voluntary retirement date

SEE FORCE SHAPING ON PAGE 5

## New Telephone Alerting System

By MASTER SGT. LARRY BURTON

17TH TRAINING WING COMMAND POST

The 17th Training Wing Command Post is scheduled to implement the second stage of the Installation Warning System (IWS) this month with the installation of the Telephone Alerting System (TAS). The equipment is scheduled to be installed Sunday.

Total implementation of the TAS should be finished by the end of August.

The system was created by Dialogic Communications Corp. out of Franklin, Tenn., and is being used throughout numerous government agencies. Currently three bases within the Air Education and Training Command have the system: Vance, Luke and Laughlin.

The implementation of the TAS is part of AETC's initiative to standardize the commands IWS. The command post is heading the implementation of the system with help from various other base agencies. All parts of the TAS will be capable of being controlled from the primary and alternate command posts. The wing command post will serve as the single controlling authority for IWS activations.

The system is designed to provide total automation of notification procedures, such as recalls, exercises and general information. Users of the system experience a variety of benefits, to include expedited communication with key personnel or entire areas-at-risk and faster, more informed decision-making.

Once the system is installed and all the scenarios are built, notifications originated from the command post can be conducted using the desktop PC and a microphone. The controller will activate a scenario and if needed modify the verbiage for the specific notification. The system has 48 outgoing telephone lines to make calls and can call the individuals duty, home, cell phone or an alpha-numeric pager. Once the person is contacted and responds to the given instructions, a report can be generated to ensure proper notification was made.

In the event of an incident requiring building evacuations, using the GeoBase mapping function the system can alert all affected buildings within the cordon area. It will even be able to notify specific areas that may be subject to an emergency. As an example, if there is severe weather and a tornado warning issued for the Lake Nasworthy housing area, the system can single out those residents and make notifications.

In the future notifications to mass numbers can be conducted with a few clicks of a mouse and the information they receive will be standardized.

For more information about the base's new system, contact Master Sgt. Larry Burton at 654-3558 or send an e-mail to larry.burton@goodfellow.af.mil

### INDEX

Commentary	2
News	3
Services	3, 8
Community	7
News Briefs	9
Sports	12

### WEEKEND FORECAST

<b>Friday</b>	<b>High: 98</b>	
Mostly sunny	<b>Low: 73</b>	
<b>Saturday</b>	<b>High: 98</b>	
Mostly sunny	<b>Low: 73</b>	
<b>Sunday</b>	<b>High: 98</b>	
Mostly sunny	<b>Low: 73</b>	

### INSIDE THIS WEEK



Goodfellow volunteers help  
Keep San Angelo  
Beautiful

See page 3

### SAFETY TIP OF THE WEEK

Members participating in High Risk Activities must complete the AETC Form 410 prior to participating in that activity. High Risk Activities can include: horseback riding, operating watercraft, racing, boxing and so on. Consult your unit safety representative to see if your activity is considered high risk.



## Response Line



The Response Line is a communications tool provided for everyone with comments, questions, complaints and suggestions. I am committed to provide the best services and programs to all of our customers, and you can help to make them even better. If there is a way we can make something better, I ask that each individual contact the specific organization, try to resolve any concerns at the lowest level, and then follow the chain of command.

If the process does not produce results, please send an e-mail to:

**17trw.responseline@goodfellow.af.mil.**

Your comments or questions will be documented.

Be sure to include your name and a phone number where you may be contacted for more information or a personal response. Items of general interest may be printed in the Goodfellow Monitor.



**Bethel**

<b>Alternative Dispute Resolution</b>	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
<b>Base Exchange</b>	654-3361
Joan Strawderman: Strawderman@aaafes.com	
<b>Commissary</b>	654-3358
Kimberly Houston: Kimberly.Houston@deca.mil	
<b>Civilian Equal Opportunity</b>	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
<b>Energy/water abuse hotline</b>	654-5087
<b>Fraud/waste/abuse hotline</b>	654-3048
<b>Inspector General</b>	654-5389
Lt. Col. Audrey Lomax: Audrey.Lomax@goodfellow.af.mil	
<b>Law enforcement desk</b>	654-1570
<b>Military Equal Opportunity</b>	654-3897
Capt. Jason Belcher: Jason.Belcher@goodfellow.af.mil	
<b>Public Affairs/Straight Talk Center</b>	654-3877
Cheri Dedrick: Cheri.Dedrick@goodfellow.af.mil	
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**Goodfellow Monitor**



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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office of the 17th Training Wing. The staff reserves the right to edit for style, clarity, consistency and space. The staff also reserves the right not to print any submission. All photographs are Air Force photographs unless otherwise indicated.

### Submission deadline

Deadline to submit articles for inclusion in the Monitor is 10-calendar days before publication. The staff accepts stories via e-mail to [monitor@goodfellow.af.mil](mailto:monitor@goodfellow.af.mil).

### Advertising

For information about placing commercial advertisements in the Monitor, call the Standard-Times at 655-8309. To place classified ads, call 655-SELL (7355).

# THE CHIEF SENDS IT...

BY CHIEF MASTER SGT. PAUL MOREAU

17TH TRAINING WING COMMAND CHIEF MASTER SERGEANT

**Followership**—*Think about it, talk about it, and hopefully you'll do a great deal about it.*

We've got fistfuls of EPRs (Evaluation Performance Report) that let the world know that we're outstanding leaders, we expend costly resources learning about leadership, and we spend a great deal of time talking about how we can collectively lead ourselves through this period of great change in our Air Force. No doubt, leadership is an important topic. With that said, I think if we're not careful, we could find ourselves so preoccupied with the subject of leadership that we might forget just how important the art of followership really is to our ability to fly, fight, and win.

We are all leaders and followers to one degree or another, and we shift back and forth from leader to follower everyday without much thought. I think all of us could use a followership tune-up. Here are the basics:

**Know yourself and seek self-improvement/Be a "sharper knife."**

This requires some self-reflection. Know and understand your individual strengths and weaknesses. Look for opportunities to develop those areas that need improvement. When leadership is looking to make things happen they turn to those in the organization that are versatile, well-rounded, and technically



**Moreau**

competent.

**Develop organizational understanding/What am I doing here?**

Know where you and what you do fits into the overall mission. If you don't know, find out. Don't be afraid to ask. It's an important question and supervisors should take the time to make sure it's answered before it's even asked.

**Take responsibility for you/Be low maintenance.**

Don't you be the one who can't be on time, meet appointments or maintain a high state of personal readiness. Don't be the shop gossipmonger, complainer or pessimist. Be the squared away Airman. Know what needs to be done and do it on time, every time. Simply put, get and keep your stuff together.

I've barely scratched the surface of this topic. I encourage leaders at all levels to remember they are followers too. Go the extra mile; see what other professionals from other walks of life are saying about followership. There is a ton of information on the web on this topic from the academic and business communities. The lion's share of the reading I've done on this topic has great utility right here in our community. Use this knowledge to our advantage!



## Insight to NCOA Ft. Concho Chapter

BY AIRMAN 1ST CLASS LUIS LOZA GUTIERREZ

EDITOR

The local chapter of the Non Commissioned Officers' Association (NCOA) shares insight to why people should join and support the organization.

"The association provides a strong voice on Capitol Hill for benefits and quality-of-life improvements for active duty, reserve, and retired members of all of the armed forces," said Steve Willey, NCOA Fort Concho Chapter chairman.

"NCOA offers its members a wide range of benefits and services designed especially for current and former enlisted service members and their families. These benefits include social improvement programs (help ensure your well-being during your active military career, your transition to civilian life and throughout your retirement), legislative representation, and services to help save you money through merchant program discounts," the NCOA chairman added.

Fort Concho Chapter was founded in July 1982, and currently has approximately 145 members, with 7 actively participating. The chapters current officers are all retired military members. They are retired Senior Master Sgt. Steve Willey, chairman; retired Chief Master Sgt. Dale Weber, vice chairman and retired Master Sgt. Cynthia Willey, treasurer/secretary.

Mr. Willey provided the following list of reasons for joining and supporting the local NCOA chapter.

### Enhance professional skills

- ◆ Improve leadership skills through active executive council participation

- ◆ Improve communication skills by advancing ideas and needs of mili-

tary peers

- ◆ Improve interaction between services by working together with members of multiple branches

### Support base and community

- ◆ Organize voter registration drives on and off base to ensure military members, their families and local civilians have the chance to elect their political representatives

- ◆ Enhance safety of children by sponsoring child identification drives

**Support enlisted members of all services on Goodfellow**

- ◆ Sponsor Commandant's Award at NCO Academy

- ◆ Provide support for wing quarterly and annual awards programs

- ◆ Provide support for military birthday balls

The requirements to join NCOA are:

- ◆ Enlisted member of any military branch (E1-E9 active/reserve/guard, retired or separated NCOs or petty officers)

- ◆ Veterans of any grade
- ◆ Active duty officers who were former NCOs or POs

- ◆ Family members of those previously listed

There are no additional fees for joining locally, however there are fees for joining NCOA. Those fees range from \$20 per year to \$400 for lifetime membership, depending on status and type of membership.

NCOA meetings are held every second Tuesday at 5 p.m. at the Thede Bowling Center on base.

Those interested in joining or supporting the NCOA should contact Steve Willey at 655-4766 or 654-5388 or via e-mail at [steven.willey@goodfellow.af.mil](mailto:steven.willey@goodfellow.af.mil)

### DID YOU KNOW?



#### August 5

**1950:** Maj. Louis J. Seville is killed in action flying a severely damaged F-51 Mustang against an enemy force concentration in Korea. Maj. Seville is the first member of the recently-created US Air Force to be awarded the Medal of Honor.

#### August 6

**1945:** B-29 "Enola Gay" drops an atomic bomb on Hiroshima, Japan.

**1945:** Major Richard I. Bong, America's "Ace of Aces" in World War II, dies in an aircraft crash on a routine acceptance flight for the P-80 Shooting Star.

**1993:** Dr. Sheila E. Widnall is sworn in as Secretary of the Air Force, becoming the first woman armed services secretary.

#### August 7

**1963:** The Lockheed YF-12 makes its maiden flight.

**1990:** Operation Desert Shield begins in response to Iraq's Aug. 2 invasion of Kuwait. The operation's immediate objective is to protect Saudi Arabia from Iraqi aggression and build up allied military strength.

#### August 9

**1945:** The second atomic bomb is dropped on Nagasaki, Japan, by B-29 "Bockscar"

**1990:** The Alaskan Air Command is redesignated as the Eleventh Air Force and assigned to Pacific Air Forces.

News every day at [www.af.mil](http://www.af.mil)

# Air Force Link



## Goodfellow helps Keep San Angelo Beautiful

Approximately 50 Goodfellow members volunteered to help make the streets of downtown San Angelo a little cleaner and prettier during the United Way's Day of Caring Saturday.

The event was collaborated with the Keep San Angelo Beautiful program. Master Sgt. James Mark Mills and Senior Master Sgt. Whitney Jackson, coordinated the Goodfellow volunteers, 30 of which were students from the 315th Training Squadron.

Volunteers cleaned, scraped and painted various areas around downtown.

Volunteers were provided with breakfast, lunch and a t-shirt for their charitable efforts.

"It is important for us as servicemembers to take part in events like this because it provides us with a great opportunity to give back to the San Angelo community which constantly supports the military members of Goodfellow," said Sgt. Mills.

"I encourage all military members to participate in any opportunity to help their local communities because our communities are the collection of our families, friends and brothers-in-arms. We are trained to serve our country, but service starts where you live," Sgt. Mills added. (Photos courtesy of Tom Nurre, Keep San Angelo Beautiful chairman. Story by Airman 1st Class Luis Loza Gutierrez.)



Airman 1st Class Christopher Gapetz; Master Sgt. James Mills, Rich Baliko, Senior Master Sgt. Whitney Jackson and Tom Nurre pose for a group photo in front of the registration booth.



Goodfellow volunteers help themselves to breakfast inside the pavilion at the San Angelo Paseo downtown.



Senior Master Sgt. Whitney Jackson (wearing yellow shirt) supervises work on the Lion's Club project.



A view of the Lion's Club building after completion.

## At a Glance with Services



Friday 4	Saturday 5	Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10
<b>RIB EYE STEAK NIGHT AT THE CLUB!</b> <b>TONIGHT AT 5 P.M.</b> See menu below. Goodfellow Club Call 654-5327.  <b>TEXAS HOLD'EM POKER</b> 7 p.m. in the Refuge Call 654-3247.  <b>8-BALL POOL TOURNAMENT</b> 2 p.m. in the Refuge Call 654-3247.	<b>RELAX AT THE COMMUNITY CENTER</b> <b>EVERY SATURDAY</b> <i>Food, Friends, Games &amp; Big Screen TV!</i> Noon to 2 a.m. Community Center Call 654-3247.  <b>POOL HOURS OF OPERATION</b> <i>(Hours will change as staff is added.)</i> China Beach Pool Mon, Wed, Thur, Fri 1 to 6 p.m. Sat & Sun 11 a.m. to 7 p.m. Closed Tuesday  Rex Camp Pool Thur through Tues 12 Noon to 8 p.m. Closed Wednesday  Mc Garr Pool Tue, Wed, Thur, Fri 1:30 p.m. to 7 p.m. Sat & Sun 11 a.m. to 7 p.m. Lap Swim 11 a.m. to 1:30 p.m. Closed Monday	<b>8-BALL POOL TOURNAMENT</b> 2 p.m. Community Center Call 654-3247.  <b>BOWLING &amp; BURGERS</b> 1-8 p.m. Thede Bowling Center Call 654-3227.  <b>WIRELESS ACCESS AVAILABLE AT THE LIBRARY FREE!</b> Bring your lap top. Base Library Call 654-3232.	<b>BREAKFAST AT THE CLUB</b> <b>Looking For A Place To Have Your Staff Meeting? Have Breakfast At The Club!</b>  Breakfast will be served from <b>6-9 a.m. Mon through Fri.</b>  Selections include: summer scrambled eggs, waffles & French toast, seasoned country potatoes, sausage, bacon, scones, bagels, biscuits & gravy, fresh fruit, coffee and a variety of teas.	<b>WIN CASH!</b> <b>TEXAS JACK BINGO</b> Card Sales begin at 5 p.m. Early Bird Bingo at 6 p.m. Regular Bingo at 7 p.m. Community Center. Call 654-3247.  <b>Check us out on the web!</b> <a href="http://www.goodfellowservices.com">www.goodfellowservices.com</a> <b>Give Us Your 2¢</b>	<b>2-4-1 BATTING CAGE TOKENS</b> All Day. Community Center Call 654-3247.  <b>FOOSBALL TOURNAMENT</b> 6 p.m. Refuge Call 654-3247.  <b>The Jungle Book</b> MISSOURIA CHILDREN'S THEATRE First Grade & Up Auditions Aug 14 <b>August 14 Thru 19</b> Performances on the 18th at 7 p.m. & 19th at 2 p.m.	

**TONIGHT!**

**Rib Eye Nite!**  
 Fri, Aug 4 • 5 p.m.  
 Club  
 Menu: Rib Eye, Loaded Baked Potato, Cole Slaw, Garden Salad, Corn on the Cob  
 Cost: \$11.95  
 (Club members receive \$2 discount)  
 Kids Menu: Chicken Strips, Mac & Cheese, Drink only \$3.50 for ages 4-11!  
 Kids ages under 4 Eat for FREE!  
 FMI Call: 654-5327

**HOT STUFF!**

CLUBS

**Mongolian BBQ**

At The Club  
 Wednesday  
 August 16  
 5 p.m.  
 50¢ per oz.

CLUBS

**August 19 at 8 a.m.**

**Paintball Journey**

5-Man Speedball Tournament  
 Any 5-Man Team  
 Goodfellow Paintball Field  
 at the Lodge  
 \$20 per team  
 Captain's meeting Aug 18 at 6 p.m. at the Lodge

Outdoor Rec  
 FMI: 654-5562

**TRIATHLON**

Saturday August 19  
 11 a.m.  
 Mathis Fitness Center-Bldg 140

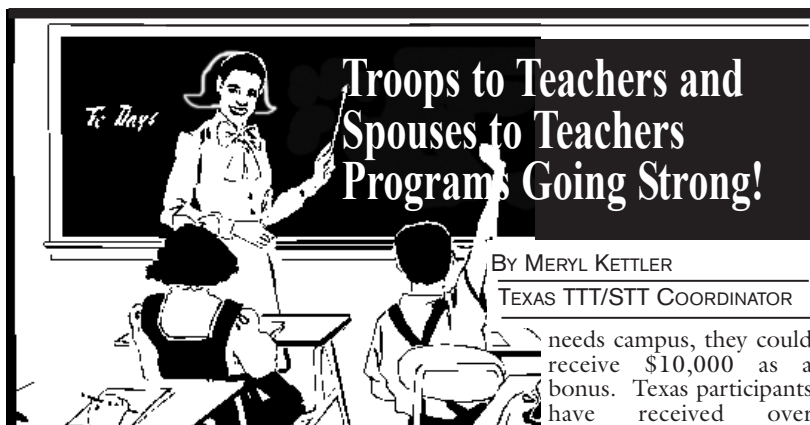
**SWIM**  
 Swim 1000 Meters at McGarr Pool

**RUN**  
 Run Two Miles Around the Running Track

**OBSTACLE COURSE**  
 Complete the Base Obstacle Course  
 Three person teams  
 No entry fee  
 Open to all base personnel

POC TSgt Reggie McKnight 654-3550





BY MERYL KETTLER  
TEXAS TTT/STT COORDINATOR

For those military retirees and long-term drilling reservists and National Guard members in San Angelo who are interested in becoming teachers, Troops to Teachers stands ready to provide the guidance and financial assistance necessary to do so. Nationally, military retirees and reservists are teaching all subjects, at all levels, and in all kinds of schools. Overall, 75 percent of the most recent hires from TTT are teaching in a high demand subject area like math, science or special education, or in a high-needs school. In addition to addressing the national teacher shortage, TTT is helping to accomplish other educational goals, such as increasing the number of male teachers and increasing the ethnic diversity of teachers.

Troops to Teachers funding has been a tremendous help to eligible veterans who are becoming teachers. Financial aid is available to all degreed military retirees, as well as certain long-term reservists or National Guard members in drilling status. An applicant can receive up to \$5,000 to pay for a teacher certification program. Or, if participants teach on a high-

needs campus, they could receive \$10,000 as a bonus. Texas participants have received over \$700,000 in stipend and bonus funds over the last two years.

In September, 2004, the Department of Defense began a new initiative targeted at the spouses of active duty personnel, and drilling status Guard and Reserve members. The Spouses to Teachers (STT) Program is an advisement service to counsel with spouses about their best options for becoming teachers. Texas was selected as one of the pilot states, and has worked with over 900 spouses since the beginning of the program. In addition to advisement, STT provides a reimbursement fund to repay a spouse for the costs of teacher certification examinations.

Those interested in finding out more about Troops to Teachers and Spouses to Teachers and certification programs available are invited to a "Teaching as a Second Career Seminar" on Friday. The event will be held from 11 a.m. to 1 p.m. in Bldg. 300, the Airman and Family Readiness Center. Meryl Kettler, the state TTT coordinator will present information and answer questions about becoming a teacher in Texas.

## 17 SFS Notification



### Pedestrian Gate Hours

The pedestrian gate located at the north end of Schertz Boulevard will be open from 6:45-8:45 a.m. and 3:45-4:45 p.m. for personnel who wish to walk to and from work.

These hours will remain in effect until the start of the school year, August 23, when the gate will be open from 6:45-8:30 a.m. and 2:15-5 p.m.

The pedestrian gate is authorized for ID card holders only. No passes will be issued at this gate.

For more information, call the 17th Security Forces Squadron at 654-3596.

**TexCare Partnership:** connecting Texas families with children's health insurance for \$18 a month or less.

Call **1-800-647-6558**  
for information or to apply.



## ***NEW AVENGERS*** **COME TO GOODFELLOW**



The third issue of Marvel Comics' *The New Avengers* has been released as a free military tribute in Army and Air Force Exchange Service stores, AAFES announced in June.

Titled "Time Trouble," the issue features Marvel's superheroes "The New Avengers," including Captain America, Nick Fury and Luke Cage, along with special guests X-Men and Spiderman. The heroes are sucked through a time portal to World War II, where they must take on the evil Kang.

"Time Trouble" will be available on a first-come, first-served basis, AAFES said.

## WHAT (AND HOW) TO RECYCLE ON GOODFELLOW

**Paper:** All office paper, including envelopes

- No carbons
- No envelopes with windows.
- No shredded paper.
- Use gray lock bins for Privacy Act material

**Newspaper:** Newspaper and all inserts.

- No strings, plastic binding straps or wrapper bags.

**Catalogs and Magazines:**

- All catalogs and magazines are accepted for recycle.
- Telephone books are included.

**Plastic:** Plastic containers #1 and #2 only (all colors)

- Removed and discard all caps and lids.
- Only plastic PETE #1 (soft drinks and juice bottles for example) and HDPE #2 (milk jugs and some laundry detergent bottles)

**Cardboard:** Corrugated boxes and brown paper bags only

- Remove packaging and flatten.
- Corrugated cardboard only -- no chipboard (cereal and shoe boxes, for example)
- Absolutely no pizza boxes.

**Aluminum Cans:**

- Rinse cans thoroughly
- Beverage cans only - no scrap metal, aerosol cans, pie pans, etc.



Respect, goals, and motivation are not things I want to lose over drugs.

POP SINGER:  
JESSICA SIMPSON

TOLL FREE:  
1-877-9-NO-DRUG

Partnership for a Drug-Free Texas & America  
FUND SUPPORTED BY SEVERAL TEXAS BUSINESSES





Photo by Senior Airman Michele Misiano

### So how much for a Plate?

Air Force Ball Committee members Master Sgt. Lorri Mata and Senior Airman Alana Shaver volunteer to sell plates to customers during the committee's Air Force Ball Brisket Plate Fundraiser Saturday in front of the Goodfellow Base Exchange. The ball committee will hold other fundraisers during the month of August in support of raising funds for this year's ball. Look for more updates on future postmasters and in the Goodfellow Monitor, or call 654-3632 for more information.

## Air Force Ball

Mark your calendars! Goodfellow's Air Force Ball is set for Sept. 16 at 6 p.m. at the C.J. Davidson Conference Center. (Ticket price to be determined)

For more information or to volunteer call 654-3632.



### From Cuevas, page 1

stone that has never been reached here at Goodfellow. Second Air Force has recognized what we here in the Medical Group already knew, he's a winner and we're very proud to have him as a part of the Cobra team." (*The cobra is the team mascot for the 17th Medical Group.*)

### From Force Shaping, page 1

or a mandatory retirement date for length of service will not be considered.

The Air Force must plan for a SERB for 2007 to meet this shaping objective.

"The officers that fit this category have already been notified," he said. "If we get enough volunteers for retirement, we will not hold the SERB."

A SERB has been scheduled for Jan. 8-19 2007. More detailed information about the SERB will be released in September.

The Air Force will also hold a fiscal year 2007 FSB. This board will evaluate officers who have not completed more than five years commissioned service. The board will consider officers in selected, overage career fields in the 2003 and 2004-year groups. However, for the 2003-year group, the board will only consider those career fields that were excluded from consideration from the fiscal 2006 FSB.

The Air Force projects more than 900 losses as a result of the 2007 FSB, which is scheduled for March 12-23 2007.

Another tool the Air Force uses to balance the force is recruitment.

"In Force Shaping, we will lose some very talented people. But the reduction in size is also about losing manpower authorizations to help get the right number of people with dynamic skill sets," Gen. Brady said. "We will be bringing in about 3,000 less enlisted and 500 less officers this year through accessions."

By recruiting less into the Air Force, this eases the burden of having to get rid of quality individuals, he said.

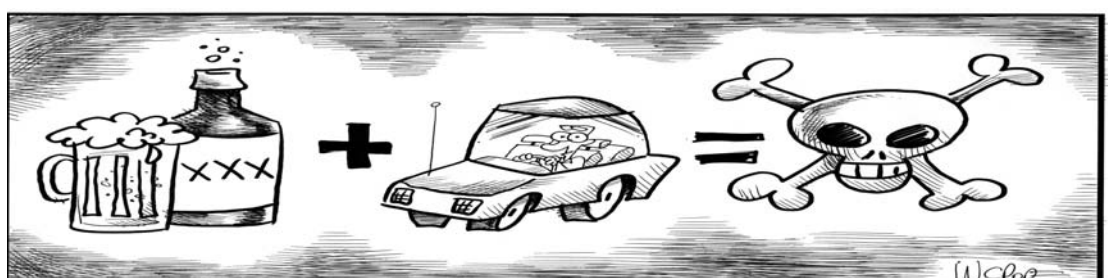
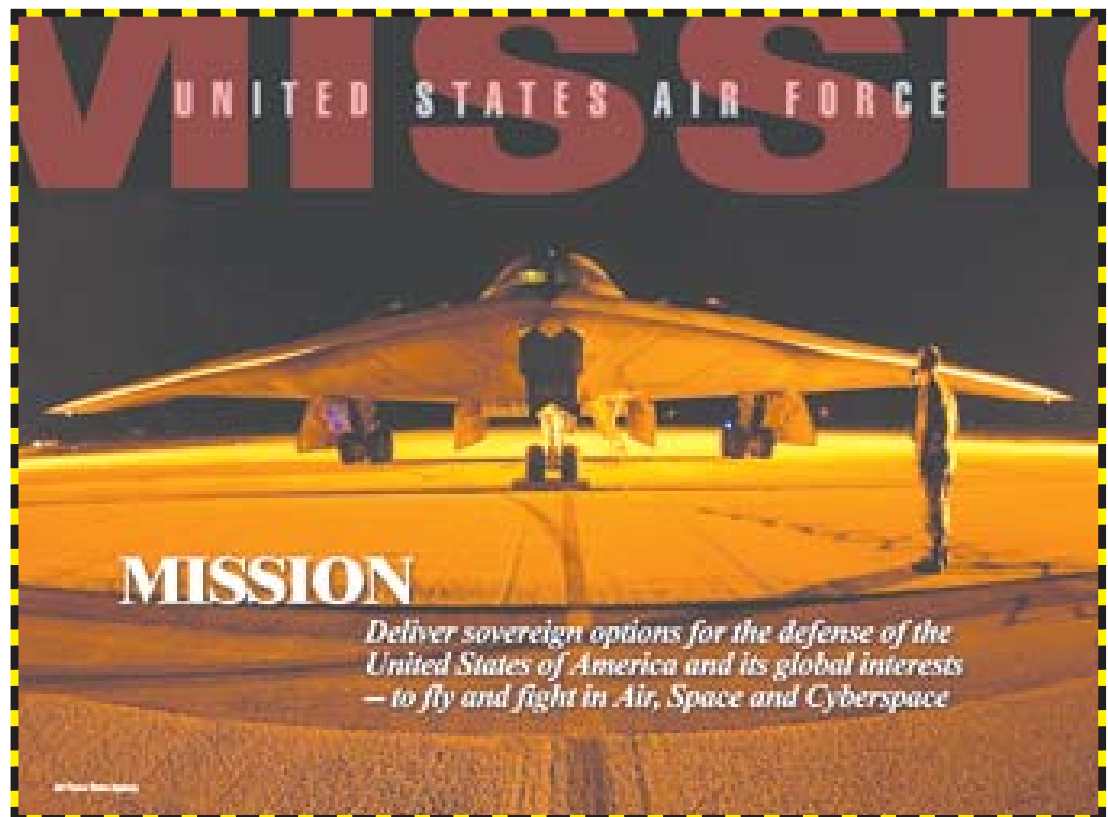
"One thing we don't want people to lose sight of is we do not like the fact that we're going to lose these people," Gen. Brady said. "These are talented young folks with a great work ethic and the kind of people we feel will land on their feet and do well."

This new Force Shaping message supercedes prior messages. Other Force Shaping programs such as "Blue to Green," Palace Chase, Career Job Reservation (for enlisted) and Enlisted Retraining Program are still in effect.

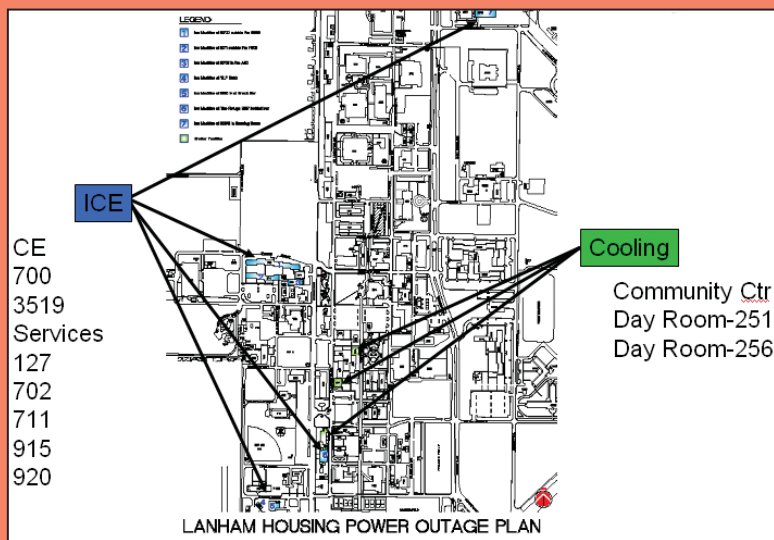
For more information on the force shaping initiatives visit the AFPC web site at <http://www.afpc.randolph.af.mil/retsep/force-shaping/shape.htm>.



Educating,  
training, lead-  
ing and men-  
toring the  
enlisted men  
and women of  
Goodfellow  
Air Force  
Base.



## Lanham Housing Power Outage



Power will be out to 96 Lanham housing units Wednesday from 8 a.m. - 8 p.m. so that the 17th Civil Engineer Squadron can conduct critical repairs to the primary electrical system.

Residents can find temporary relief from the heat by way of ice machines at buildings 700, 702, 711, 915, 920, 127 and 3519, or cool shelters at buildings 127, 251 and 256 (see map)

For more information, please call the housing office at 654-3498.

## Goodfellow Honor Guard Member of the Month



**Name:** Jamal Kareem

**Rank:** Airman 1st Class

**Unit:** 17th Communication Squadron

**Duty title:** Equipment control technician

**Hometown:** Atlanta, Ga.

**Time in Goodfellow Honor Guard:** 9 months

**Total honor guard service:** 9 months

**Number of details:** 6

**Why he joined the base honor guard:** "The first time I saw the base honor guard perform a detail, I knew that it was something I wanted to do. Once I joined, I discovered the impact that we have on the community, both civilian and military. It gives me a great sense of pride and humility to be able to serve on the guard and give final honors to those who have served their country."



Courtesy photo

## Student Clinic Hours

**Hours 6:30 a.m. to 3:30 p.m. Phone # 654-3146**

**Sick Call – 6:30-8:30 a.m. ( Mon. – Fri. ) AM only**  
**Mon & Tues 12:30 - 2 p.m. only**  
**Wed-Thurs-Fri 1 - 2 p.m. only**



**Acute issues only:** no administrative issues, no follow-ups, no medication refills, no immunizations.

**Immunizations**  
**Mon, Tue & Thurs 1:30 – 3 p.m.**

**Overseas Clearances**

**Schedule through the MPF; Afternoon Appt Only; Wednesdays and Fridays 1:30–3 p.m.**

**Profile Extensions, Medication Refills, In and Out Processing, and Lab/X-Ray Results**

**9–10:30 a.m. and 2–3 p.m.**

**Appointment Line 325-654-3149**

## Mandatory Homosexual Policy Training

All new civilian and military supervisors (raters) are required to receive DoD Homosexual Policy Training within 60 days of the time they become supervisors.

Briefings will be given at the legal office conference room, Bldg. 430, Ste. 202, on the first Monday of every even numbered month (i.e. Feb, Apr, Jun). The training runs from 1:30-2 p.m..

**NEXT BRIEFING: Monday (Aug. 7)**

If you are a new supervisor and are unable to attend this training within 60 days of your appointment to a supervisory position, you may complete the training online at

<http://www.aetc.randolph.af.mil/ja/s03t0021.htm>

Please forward a copy of your completed training certificate to 17trw.ja2@goodfellow.af.mil.

If you have questions, call Capt. Christopher Jones at 654-3203.

## Come join us at the 315th TRS Dining Out



**August 19**

**5 p.m. for Social hour and 6 p.m. for Dinner at ASU's CJ Davidson Conference Center**

Event is open to all interested personnel. Tickets may be purchased until August 11 through your OSC. Col. Roy E. Horton III, Director of Intelligence, Reconnaissance and Surveillance, will be the guest speaker for the evening.

**Officers \$25 Chief- E7 \$18 E6-E5 \$15 E4- E1 \$12**



August 4 to August 10 dining facility menu

Menu is subject to change

<u>Lunch</u>	<b>Friday</b>	<u>Dinner</u>
Swiss Steak with Tomato Sauce		Lasgna
Stuffed Green Pepper		Spaghetti with Meat Sauce
Mexican Baked Chicken		Italian Sausage
<u>Brunch</u>	<b>Saturday</b>	<u>Dinner</u>
Grilled Steak		Stir Fry Chicken with Broccoli
Cajun Meat Loaf		Pork Chops with Mushroom Gravy
Crispy Baked Chicken		Fish Almondine
<u>Brunch</u>	<b>Sunday</b>	<u>Dinner</u>
Fried Shrimp		Sauerbraten
Chicken Breast Parmesan		Ginger Barbecue Chicken
Tuna and Noodles		Spinache Lasagna
<u>Lunch</u>	<b>Monday</b>	<u>Dinner</u>
Swiss Steak with Tomato Sauce		Roast Turkey
Baked Chicken		Baked Ham
Italian Sausage		Fish and Fries
<u>Lunch</u>	<b>Tuesday</b>	<u>Dinner</u>
Barbecue Beef Cubes		Pork Schnitzel Steak
Yakisoba (Beef and Spaghetti)		Paprika Beef
Onion-Lemon Baked Fish		Chicken Fajitas
<u>Lunch</u>	<b>Wednesday</b>	<u>Dinner</u>
Sukiyaki		Country Style Steak
Egg Rolls		Fried Chicken
Chinese 5 Spice Chicken		Pita Pizzas
Beef Porcupines		
Caribbean Jerk Chicken		
<u>Lunch</u>	<b>Thursday</b>	<u>Dinner</u>
Liver and Onions		Pasta Primavera
Orange Glazed Pork Chops		Pepper Steak
Tempura Fried Fish		Mr. Z's Baked Chicken

Hours of operation

Western Winds

Monday to Friday

Midnight Meal ... 12:15-1:45 a.m.  
Breakfast ... 5-8:15 a.m.  
Lunch ... 10:30 a.m. to 1 p.m.  
Dinner ... 4:30-7 p.m.

Cressman

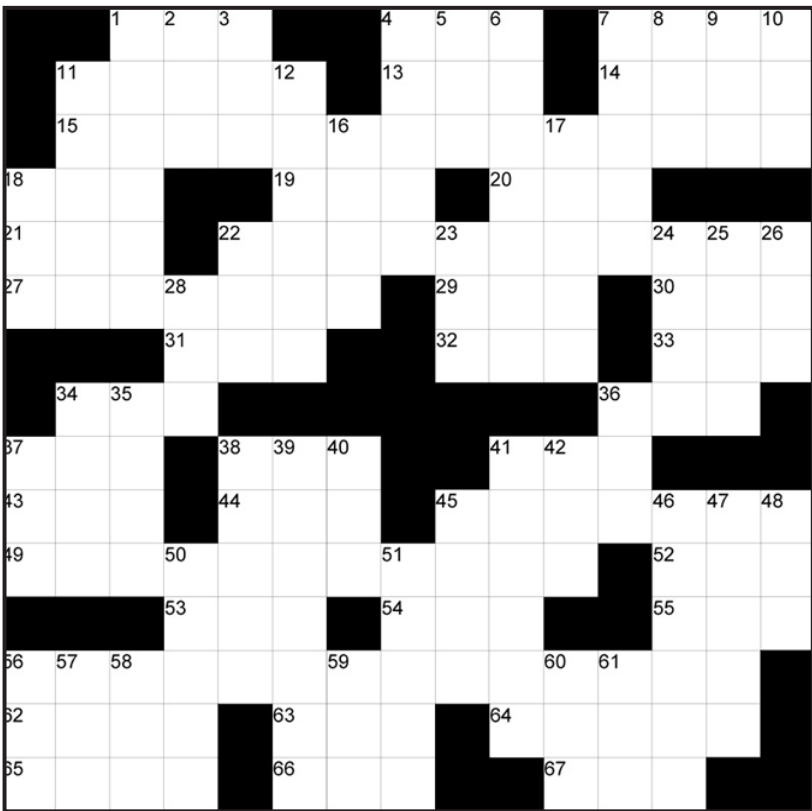
Monday to Friday

Breakfast ... 4:30-7 a.m.  
Lunch ... 10:30 a.m. to 12:30 p.m.  
Dinner ... 6-8 p.m.

Saturday, Sunday and Holidays

Brunch ... 8 a.m. to 1 p.m.  
Dinner ... 4-7 p.m.

Last week's puzzle solution:



Answers in next week's issue

By Capt. Tony Wickman, 71st Flying Training Wing Public Affairs

All eyes on you  
The Goodfellow  
weekly spotlight

NAME: George Russell

RANK: Petty Officer 1st Class

UNIT: Center for Information Dominance  
Detachment Goodfellow

DUTY TITLE: Instructor

TIME ON STATION: 2 years, 6 months

TIME IN SERVICE: 12 years

PREVIOUS BASES: Pentagon, Va.; Naval  
Security Group Activity Rota, Spain;  
Patrol Squadron 8, Brunswick, Maine

HOMETOWN: Chelsea, Okla.

HOBBIES: Running, biking, cooking,  
movies and taking classes

ASPIRATIONS: To finish his second mas-  
ter's degree before he retires.

FAVORITE QUOTE: "The journey of a thou-  
sand miles begins with a single step."

LAO TZU



Photo by Senior Airman Michelle Misano

Petty Officer 1st Class George Russell  
accepts his awards for Servicemember of  
the Quarter and Sailor of the Quarter at  
the Quarterly Awards Ceremony July 27.

MOVIES

Movies start at 7 p.m. in the base theater unless otherwise noted. Admission is \$2 for adults  
and \$1 for children under 11. Movie times are subject to change without notice.

Click

Today and Thursday

Adam Sandler and Christopher Walken star in this movie rated PG-13. A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events or fast-forwarding over them. When the remote begins creating its own memory and choosing what to fast-forward over, the man sees how much of his personal life has passed him by and realizes the importance of spending more time with his family.



Superman Returns

Saturday

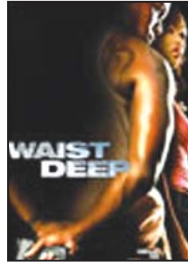
Brandon Routh and Kate Bosworth star in this movie rated PG-13. Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth--but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman's bittersweet return challenges him to bridge the distance between them while finding a place in a society that has learned to survive without him.



Waist Deep

Sunday

Tyrese Gibson and Meagan Good star in this R-rated movie. An ex-convict gets caught up in gang violence and turmoil after his car is hijacked with his son inside. He manages to outsmart the gang leaders with the help of a young woman.



What a Relief!

ACROSS

1. Accord or Escort
4. Guitar player need
7. Crazes
11. Wise ones
13. North American fish; needlefish
14. Date to beware for Caesar
15. 1991 humanitarian relief mission in Iraq
18. Operation \_\_\_ Angel;
- 1991 humanitarian relief operation in Bangladesh
19. Jog
20. \_\_\_ Shorty
21. Galoot
22. 1992 humanitarian relief mission in Somalia
27. "\_\_\_ Arms;" com-mand to salute
29. Horse food
30. Embroider
31. Asner and Norton
32. U.K. equivalent to U.S.S.
33. Confederate general
34. Dramatize
36. Internet provider
37. Gun lobby
38. Compute
41. Director Howard
43. Knee ligament, in short; common sports injury

44. Zodiac sign
45. Nickname for D.C.
49. 1999 humanitarian relief operation in Kosovo
52. Pie \_\_\_ mode
53. \_\_\_ Ghraib
54. Army equivalent to OPR
55. Edge
56. 1992 humanitarian relief operation in Yugoslavia
62. Radiance
63. Before, poetically
64. Kitchen wrap
65. Fishing item
66. ER attendants
67. Inexperienced
- DOWN
1. Decanter
2. A long time \_\_\_\_
3. Gun the motor
4. Government represen-tative
5. Actor Bernie \_\_\_
6. Schedule
7. The \_\_\_ Element
8. Stir
9. German article
10. Concorde, in short
11. Skewer
12. Sea nymphs
16. Cloud of fine, dry particles

17. Coincides
18. Drench in a liquid
22. Ssea between Africa and Arabian Peninsula
23. Cry of satisfaction
24. Norwegian capital
25. \_\_\_ off; doff
26. Ram's mate
28. Place
34. St. Louis landmark
35. Columbian city
36. Picnic pest
37. USN equivalent to AFB
38. Excuse
39. Disrobed
40. Pet
41. Copies
42. Bullring cheer
45. Dutch settler in Africa
46. \_\_\_ Pact; NATO opponent at one time
47. Foreigner
48. Sweet potato
50. History or ship pre-ceder
51. \_\_\_ and dreams
56. Even score
57. Lament
58. Mining goal
59. Mistake
60. Damage
61. Retirement acct.





Photo by Airman 1st Class Luis Loza Gutierrez

Volunteers from Goodfellow begin to load "Pedro" (a Kaman HH-43 Huskie helicopter) Monday at Mathis Field San Angelo Regional Airport.

## Goodfellow welcomes "Pedro"

By DR. JOHN GARRETT

17TH TRAINING WING HISTORIAN

On Monday Goodfellow welcomed the latest addition to its Military Firefighter Heritage Display -- a Kaman H-43 helicopter. The helicopter has been at Precision Aircraft Services at Mathis Field the past several months for painting and final restoration work after Goodfellow's Greg Pruitt, Dave Toohey and others began the restoration project last year.

The H-43 Huskie, later designated HH-43, is perhaps best known as the aircrew rescue helicopter aboard which PJs like medal of honor recipient Bill Pitsenbarger served in Vietnam. However, under the call sign Pedro, the HH-43 also operated in Vietnam and elsewhere as a crash rescue firefighting helicopter, saving the lives of numerous Airmen by using foam and the downdraft from its powerful rotors to open a path to the victims. The standard Pedro mission crew of six consisted of a pilot, copilot, flight engineer/crew chief, aero-medical technician and

two airborne rescuemen/firefighters. The flight engineer/crew chief usually remained on the ground to launch the aircraft and hook up the sling loaded Fire Suppression Kit that carried the water and foam. It is in honor of these crewmembers and their historic mission that Goodfellow acquired and restored its Pedro for permanent exhibit near the center of the Military Firefighter Heritage Display along East Vance Street.

Goodfellow's Pedro is the only one like it in the world! Early H-43 models such as Goodfellow's display were constructed with a pair of tall, square vertical stabilizers, which soon led to rotor strikes against the tops of the stabilizers when flown in a high-wind environment. As a result, all the newer model HH-43's were built with a shorter, rounded empennage while the earlier models were retrofitted with the new configuration -- except Goodfellow's, which alone retained the original square tail.

The Pedro will remain at the Louis F. Garland Fire Academy high bay until the permanent display site is ready.

## Rising Six



## Corner-stop Burrito Sale

August 7

Fellowship Hall 6-8 a.m.

Burrito.....\$1.50

Juice.....75 cents

Choose from

- ◆ sausage, egg and cheese
- ◆ bacon egg and cheese
- ◆ potato, egg and cheese
- ◆ Rising Six Combo (everything).

Pre-sale tickets are on sale now from Rising 6 members and at SAMS Place.

For more information, contact Senior Airman Yukubu Carriker at 654-3020.

## At a Glance with Services

Goodfellow AFB  
17th SERVICES  
Combat Support & Community Service

17th Services Division presents

# HAWAIIAN LUAU

## TROPICAL TEASERS

**AUG 26**  
REC CAMP

**5-10 PM**

Everyone gets a LEI!

**CONTESTS**

- Hula-Hoop
- Around the Islands Basketball
- Coconut Bowling
- Loudest Hawaiian Shirt
- Limbo
- Watermelon Eating

**Tiki Huts**  
Kid's Beach Activities  
Games & Music  
Shish-Kabob Meal  
Specialty Beverages  
Dunking Booth  
Photo Op  
Climbing Wall  
...and more!

Community Center Bldg 127 654-3247

Actual Student Photo

## Photography & Digital Imaging Class

Every Monday, 6-7 p.m.  
at the Community Center

Beginners and Advanced 35mm and digital photography  
(Limited equipment can be provided.)

\$30 per person 4 week class  
FMI call Charles Hardwick  
654-1111 654-4181

## BOUNCY TIGER!

**PLAN THE BEST BACK-TO-SCHOOL PARTY!**  
INVITE THE WHOLE NEIGHBORHOOD, TROOP,  
OR SQUADRON KIDS AND LET THEM PLAY  
ON THE BOUNCY TIGER.  
TO RESERVE THE BOUNCY TIGER CALL 944-1012



## Airman and Family Readiness

The Airman and Family Readiness Center (formerly known as the Family Support Center) offers the following services:

◆ **Car Buying 101:** Every Friday at 1 p.m. The class promotes the welfare of members by assisting them in making informed financial decisions before they enter into an agreement to purchase a vehicle.

◆ **Workforce Solutions of the Concho Valley:** Every Thursday from 9 a.m. to noon a representative from the Texas Workforce Commission is available at the Airman and Family Readiness Center Annex, Bldg. 246. They will be able to help with issues concerning unemployment compensation, job search, job training and help people create a draft resume in 30 minutes.

◆ **Transition Assistance Seminar:** Tuesday - Thursday, 7:30 a.m. - 4:30 p.m. This three-day seminar is designed for those retiring or separating from the military. It is a MUST for any transitioning member; spouses are highly encouraged to attend. Information is given on job searches, TRICARE, veteran's benefits, finances and more! Ideally, you will take this class at least 12 months prior to separation/retirement. Civilian clothes authorized. A pre-separation counseling appointment is recommended before attending the seminar - schedule your appointment online at [www.familysupportgoodfellow.org](http://www.familysupportgoodfellow.org) or call 654-3893.

◆ **Solo Flight (Single Parent Support Group):** Thursday, 11 a.m., at Charcoal House Restaurant (pay as you go). This group meets at a restaurant each month to discuss issues that affect single parents. It is open to all branches of service, military or civilian, and includes "temporary" single parents due to sponsor's TDY/deployment/remote assignment.

◆ **Prenatal Orientation / Bundles for Babies:** Thursday, 1-3:30 p.m. If you are pregnant and have questions, this is the class for you. Get straight forward answers and information from a Certified Maternal/Child Nurse and receive a free "What To Expect When You're Expecting" book. We will also discuss financial planning for your new arrival and

you will receive a free bundle full of essential baby care items. Registration is required. Call the Life Skills Support Center at 654-3122.

◆ **Troops to Teachers/Spouses to Teachers Seminar: Teaching as a Second Career:** August 11, 11 a.m. - 1 p.m. Meryl Kettler, the state Troops to Teachers coordinator, will present information and answer questions about becoming a teacher in Texas. Open to military members, spouses, and civilians. Registration is not required.

◆ **Resume Writing Class:** August 11, 8-11 a.m. This skills building workshop teaches the ABC's of resume writing. By taking this class, you will be able to professionally write your own resume and learn how to modify it for all the jobs you seek.

◆ **Smooth Move:** August 14, 1-3 p.m. Help reduce moving-related stress by attending this informative seminar. Experts from TMO, Finance, Legal Office Claims Processing, TRICARE, Housing and the Airman and Family Readiness Flight will brief and answer questions about your upcoming move. Spouses are encouraged to attend.

Unless otherwise stated, classes are at the Airman and Family Readiness Center, Bldg. 300.

For more information or to sign up for a class, call 654-3893 or visit [www.familysupportgoodfellow.org](http://www.familysupportgoodfellow.org), click on "schedule a meeting," click on "events," then select the class.

## Enlisted Spouses Group

◆ **Learn & Play Bunco:** Thursday, 6:30 p.m. in the Chapel Fellowship Hall. Bring a wrapped gift costing \$5 or less.

The Goodfellow Enlisted Spouse's Group is open to spouses of enlisted service members of all branches. We are a social group working to meet the needs of enlisted families at Goodfellow. There is no fee to be a member.

For more information, contact Angie Wilson at (325) 212-1376 or [GoodfellowESG@hotmail.com](mailto:GoodfellowESG@hotmail.com).



## Chapel Schedule

**CHAPEL WORSHIP SCHEDULE:** The Goodfellow Chapel holds Catholic and Protestant services, religious education every Sunday and other programs.

### Catholic services:

- ◆ Catholic services:
- ◆ Sunday Mass at 9 a.m.
- ◆ Noon Tuesday through Friday
- ◆ CCD at 10:30 a.m. in Bldg 135 (Sept-May)
- ◆ R.C.I.A. at 10:30 a.m. in Bldg 139 (Sept-May)

### Protestant services (Sundays):

- ◆ 11 a.m., Traditional Protestant Worship

### Service

- ◆ 2 p.m., Gospel Service
- ◆ 6 p.m., New Life Contemporary Service
- ◆ Sunday school for all ages at 9 a.m. in Bldg 135 (Sept-May)

### Children's Church

- ◆ Children's Church - Sundays with 10:30 a.m. worship service at Chapel

### Choir Practices (In Chapel)

- ◆ 6 p.m. Traditional Worship Team,

### Thursdays

- ◆ 5:45 p.m., Gospel Service, Thursdays
- ◆ 6 p.m., Catholic Choir, Wednesdays
- ◆ 7 p.m., New Life Contemporary Service,

### Thursdays

### Bible Studies:

- ◆ Catholic Bible Study, 7 p.m. Mondays at

### Crossroads

- ◆ Chit Chat Lunch, 11:30 a.m. Tuesdays at

### Crossroads

- ◆ Promise Keepers, 11 a.m. Wednesdays, in Bldg 136, 7 p.m. Wednesdays at Crossroads
- ◆ Family Bible Study, 7 p.m. Thursdays at

### Bldg. 135

For more information on chapel programs, call 654-3424.

For more information on Jewish programs, call 654-3424.

## GOODFELLOW AIR FORCE BASE VOTING ACTION HOTLINE

**For up-to-date voting information please  
call 654-4457 or DSN 477-4457.**

## Attention all Goodfellow personnel

Need to inform the base about an event your unit or organization is having? Send us an e-mail 10 business days in advance to [monitor@goodfellow.af.mil](mailto:monitor@goodfellow.af.mil)

## TMO PEAK SUMMER SEASON

**What does this mean? It means that our local Household Good and Unaccompanied Baggage agents are fully saturated for up to three weeks out for pick-up or delivery of personal property.**

**If you receive orders and intend to have the government ship your items, it's imperative that you immediately go to TMO, with those orders. For those persons who receive orders at the last minute, we suggest you give someone a power of attorney to release your items for later shipment.**

**Some MTLs are taking care of their students by storing items until they can be shipped. As a last resort, TMO is taking small unaccompanied baggage into the freight warehouse for later shipment.**

**For more information, contact the TMO office at 654-3704 or 3709. POC: Janie Medina, TMO, 654-3713.**

## Cataract Awareness



**1. During August's Cataract Awareness Month, eye care professionals around the nation want to remind people they don't have to live with cataracts.**

◆ Cataracts are very common. Approximately 20.5 million Americans age 40 and older have cataracts.

◆ A cataract is a clouding of the eye's clear lens. This prevents the passage of light needed for vision.

◆ Cataracts are a significant cause of blindness in some parts of the world; however, technological advances and the availability of new procedures in the United States mean that for most Americans, cataracts don't lead to vision loss.

◆ More than half of all Americans develop cataracts by age 80.

**2. New advances and techniques have made cataract surgery one of the most successful and life-improving surgical procedures.**

◆ Cataract surgery is the most frequently performed surgical procedure in the United States, with more than 1.6 million procedures performed each year.

◆ Cataract surgery is usually covered by medical insurance, including Medicare.

◆ Cataract surgery is usually done as an outpatient procedure under local anesthesia. In this procedure, the Eye M.D. makes a tiny incision through which he or she removes the cloudy lens and replaces it with a permanent artificial lens.

◆ Lasers are not currently used to remove cataracts. But they are sometimes used after cataract surgery to remove a film that can grow on the lens implant.

**3. If you think you may have a cataract, you don't have to live with it. Talk to your eye care professional about your options.**

◆ There are no medications or exercises that will prevent the formation or progression of cataracts or make a cataract disappear.

◆ Nutritional or vitamin supplements have been shown to be beneficial in populations with nutritional deficits, but due to the inconsistent results reported in clinical trials, recommendations cannot be made at this time.

◆ Although it is very safe and effective, cataract surgery is surgery and you need to carefully decide if it is right for you. If the cataract does not interfere with your life, you may decide surgery is not warranted.

◆ Talk to your eye care professional if cataracts are interfering with your lifestyle.

For more information call your eye care professional.

**Information provided by the HAWC (Health and Wellness Center)**



## NCORP seeks to fill more than 1,100 positions

RANDOLPH AIR FORCE BASE, Texas - The 2007 Noncommissioned Officer Retraining Program begins July 26 as the Air Force seeks to fill more than 1,100 shortage career field and special duty positions.

NCOs notified of their vulnerability to retrain must submit their shortage career field choices they would most like to retrain into or apply for a special duty assignment identifier no later than Sept. 18.

"During the voluntary phase members have the opportunity to set the course of their future as Airmen," said Chief Master Sgt. Christine Williams, chief of the Air Force Personnel Center enlisted skills management branch here. "Many Airmen failed to act during the voluntary phase in 2006, and ultimately, 36 of those Airmen were separated under the involuntary NCORP phase so there is a consequence for not applying for retraining." Vulnerability listings by grade and Air Force Specialty Code were posted on the virtual Military Personnel Flight July 26; vMPF is accessible from the AFPC home page at <http://ask.afpc.randolph.af.mil/>. By clicking on their grade or projected grade, NCOs may view their ranking on the vulnerability list and apply for retraining through the vMPF as need-

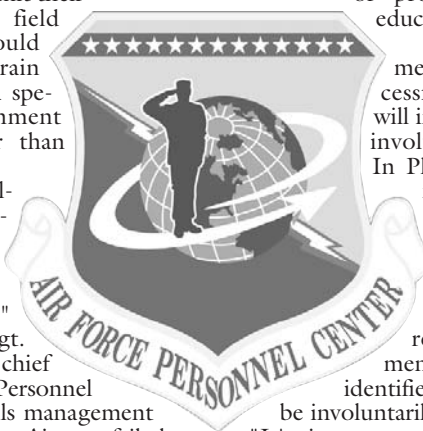
ed.

Commander's support staff personnel will manage the retraining program and notify members if they are eligible. Additionally, they will suggest special duty identifiers such as recruiting, postal duty, military training instructor or professional military education instructor.

If voluntary measures are unsuccessful, the Air Staff will implement Phase II, involuntary retraining. In Phase II, individuals identified as vulnerable in AFSCs not meeting retraining-out objectives, and without approved retraining or assignment to a special duty identifier by Sept. 18, will be involuntarily retrained.

"It's important for all Airmen to understand once they are identified for retraining in Phase I, they will continue to be vulnerable in Phase II unless they are retrained, released or separated from military service," said Master Sgt. Greg McClain, AFPC enlisted skills management branch superintendent.

For more information, Airmen should contact their CSS personnel, their base career assistance advisor or the Air Force Contact Center at (800) 665-5000. (Article courtesy of Air Force Personnel Center News.)



## AAFES<sup>™</sup> 'You Made the Grade'

BY LISA GUERRA

GOODFELLOW AAFES MEDIA CONTACT

Goodfellow AFB- Children of military families often face unique educational challenges, not the least of which include moving from one location to another every two to three years and dealing with deployed mothers or fathers (sometimes both) who are called to serve in harm's way. There are currently more than 1.2 million kids of military parents who experience this lifestyle.

Despite these challenges, most military students are high achievers who are actively engaged in defining their roles as tomorrow's leaders. The Goodfellow BX regularly recognizes outstanding students with exceptional academic achievement through its "You Made the Grade" program.

Initiated in February 2000, the BX education rewards effort is designed to recognize Goodfellow AFB students for above-average academic achievement. Qualifying students receive a coupon booklet that includes free admission to an Army & Air Force Exchange Service Reel Time movie, a free

magazine and other coupons.

"AAFES recognizes the value of education and is pleased to provide students an incentive for diligent studying and success," said Joan Strawderman, BX Manager. "'You Made the Grade' is an incentive for students to not only stay in school, but to excel as well."

Goodfellow  
**BX**

Each booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations. To receive the booklet, students must bring a valid military ID card and proof of an overall "B" or better average to Customer Service in the Main Exchange.

Students may receive one "You Made the Grade" coupon package for every grade report they receive, but may enter the savings bond drawing only once per calendar quarter. Families stationed at Goodfellow can contact Customer Service in the exchange at (325) 655-5789 ext 10 for more information.



ADD THIS TO YOUR UNIFORM.



Earn an associate's degree from the Community College of the Air Force. Registration is free, and the college offers more than 90 fields of study. The Air Force also offers up to 100% tuition assistance at hundreds of colleges and universities. Visit our Web site at [AIRFORCE.COM](http://AIRFORCE.COM) or give us a call at 1-800-423-USAF. CROSS INTO THE BLUE.



## Texas-wide Sales Tax Holiday



August 4-6; most back-to-school items are tax-free.

Excludes backpacks (which fall under handbags), sports equipment, school necessities.

Tax-free items include: (each item must be under \$100)

- Baby clothes
- Caps/hats
- Coats & wraps
- Dresses, jeans, jackets, sweaters, other clothing
- Gym suits & uniforms, hooded shirts & sweatshirts
- Shoes (sandals, slippers, sneakers, tennis, walking)
- Swimsuits, athletic apparel
- Work clothes





# USAF Band of the West Free Performance



**USAF Band of the West Concert Band**  
will perform at the San Angelo City Auditorium.  
Showtime is 7 p.m. August 11.

**Admission is free, but a ticket is required for each attendee.**  
Tickets are available at the 17th Training Wing Public Affairs  
office in Bldg. 430, Ste. 215, and at the Community Center, Bldg.  
127. First come, first serve!  
For more information, call 654-3876.



## Tobacco Cessation

The Health and Wellness Center will host hour-long Tobacco Cessation classes August 10. The session is scheduled for 11:30 a.m. and 4:30 p.m. For more info or to enroll call 654-5725 or 5962.

**\*\* NOTE: If attending a course is not feasible for you, please inquire about the self-managing tobacco cessation program. Services Tobacco Addiction Reduction Program (STAR)**

### THE BENEFITS OF QUITTING TOBACCO

**Within 20 minutes** of quitting - your blood pressure and pulse rate drop to normal and the temperature of your hands and feet increases to normal.

**Within 8 hours** of quitting - your carbon monoxide levels drop and your oxygen levels increase, both to normal levels.

**Within 24 hours** of quitting - your risk of a sudden heart attack decreases.

**Within 48 hours** of quitting - nerve endings begin to regenerate and your senses of smell and taste begin to return to normal.

**Within 2 weeks to 3 months** of quitting - your circulation improves and walking becomes easier; even your lung function increases up to 30 percent.

**Within 1 to 9 months** of quitting - your overall energy typically increases and symptoms like coughing, nasal congestion, fatigue, and shortness of breath diminish; also, the small hair like projections lining your lower airways begin to function normally. This increases your lungs' ability to handle mucus, clean the airways, and reduce infections.

**Within 1 year** of quitting - your risk of coronary heart disease is half that of someone still using tobacco.

## Hey, check this out!



Photo by Staff Sgt. Gina O'Bryan

*Ben Reinhart, 17th Services Division Equipment Rental Center recreational aide, sets up a grill display Monday at the base's Equipment Rental Center. See listing on right side of this page for a list of items available to rent from the ECR*

## 17th Services Equipment Rental Center Listing



The 17th Services Division Equipment Rental Center has the following items available. The cost for rental is in dollars per day / week unless noted otherwise.

### Household

Folding chairs (\$.50 / \$2); coffee pot 30 cup (\$2 / \$10); microwave (\$3 / \$10); card table (\$1 / \$5); banquet table (\$1 / \$5); punch bowl w/cups (\$3 / \$15); vacuum cleaner (\$3 / \$15); carpet cleaner (\$5 / \$25); small fridge (\$3 / \$10); snow cone machine (\$5 / \$15); lawn chairs (\$1 / \$5).

### Water sports

Canoe (\$10/ \$50); skis (\$5 / \$20).

### Moving aids (cost per hour/day/week)

Furniture dolly (\$2 / \$5 / \$20); utility dolly (\$1 / \$3 / \$15); utility trailer (\$3 / \$15 / \$35); 16 ft trailer (\$10 / \$30 / \$150).

### FREE check out

Basketball; football; soccer ball; volleyball; softball; glove; bat; bases; Frisbee.

Equipment for sports, fishing, RV storage, tools, BBQs, and camping (including trailers) are also available but not listed. For more information call 654-3254.



# Sports



## Flag Football Season is here

Photo by Airman 1st Class Luis Loza Gutierrez

Charlie Rehburg, 17th Mission Support Squadron Junk Yard Dogs starting quarterback, attempts to complete a pass to wide out, Brian Williams, during team practice Wednesday at the newly renovated base track and field. The Junk Yard Dogs finished third in the Goodfellow Flag Football League last year after their season was cut short by the 312th Training Squadron Fire Dawgs.

Bo Westbrook, JYD head coach, said the Junk Yard Dogs look forward to taking a big bite out of this season, and he expects his team to reclaim the championship.

"Our team is hungry, and you know a dog has to get its bone," said Coach Westbrook. The flag football sea-

## Sailor Booster Club Annual Golf Tournament

\$55 Per Player (Includes catered lunch, beverages and more...)

For more information or to register, call Caleb McDonald at 654-4482.

Registration limited to the first 28 Teams



Quicksand Golf  
Course

September 8

4-Person Scramble  
Shotgun Start: 8:30 a.m.



## Notice to our Patrons:

Due to AETC funding cutbacks, we will no longer be able to provide a towel service after Oct. 1.

From this time forward, our towel supply will gradually diminish until it is depleted.

Cutbacks will also affect the following areas:

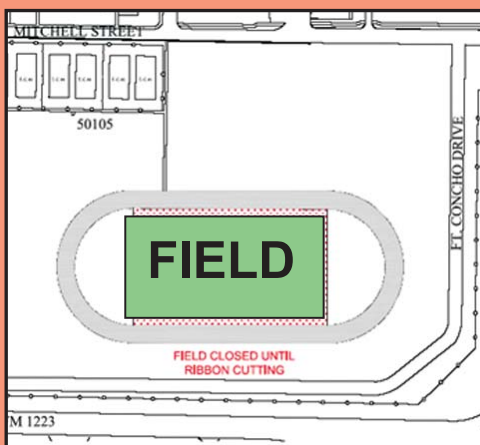
**Group Exercise Classes** will require a fee as instructors will be contracted.

**Intramural Sports Officials** will no longer be funded. Alternatives will be considered.

## Base track open

The base running track and base field are now open. The base field ribbon cutting ceremony is scheduled for August 11.

For more information call Joshua Ludwig at 654-5953.



## Free Ice Skating



San Angelo Coliseum, 50 E. 43rd St  
10 a.m.-10 p.m. Fri. & Sat. Aug. 4 & 5

Free skate rentals – limited to 220  
FMI call 654.3876



  
PEOPLE FIRST